1:Arensberg & Kimball E-5 (1932-1934) 1940
ER6 Rural Irish ER6
County Clare



members and the organization of effort involved. It is to be expected, of course, that there is a great deal of variation at different seasons of the year, a fact which makes it impossible to describe farm activities without reference to seasonal change and the requirements of various crops. Nevertheless, the work round the house is constant and less variant than that outside on the "land," and for that reason it is significant to begin with it.

A typical winter day begins for the farm family about seven-thirty in the morning. At other seasons the family rises earlier, but the long wet days have reduced outside work to a bare minimum and confine the work of the family members within doors. To the woman falls the first duty of the day. She must rake together such live ashes as remain in the slaked turf fire in the hearth, put down new sods for the fire, and rekindle the blaze. This done, she hangs the kettle on the hook, making ready for the first tea of the day. For the rest of the day she must keep the hanging kettle ready, for at any moment of the day she may be called upon to serve a cup of tea to her husband, children, and all visitors. With the first tea comes breakfast, usually of bread, eggs, and milk. By the time breakfast is finished, the household is ready for its workaday existence. The farmer father and husband is dressed and ready for his daily tasks, in which he relies upon the aid of whatever grown sons may still be at home, and who now take their breakfasts beside him. Similarly, the farm wife and mother who serves her men, husband and sons, and stands by unwilling to take her place at the deal table before the window at one side of the kitchen hearth until they have eaten their fill, is ready to begin her daily round with the help of the daughters and young children of both sexes who wait their turns with her.

In the household the responsibility of day-to-day housekeeping belongs to the woman. Hers, too, is the care of the

8:Arensberg E-5 (1932-1934) 1937
ER6 Rural Irish ER6



Following the countryman at his work, we can learn what his role is, what determines it, and what keeps him to it; we can see its controls and the organization of labour it entails.

The first duty of the farm family's day falls to 'the woman of the house'. Before the others are up, she rakes together such live ashes as remain in the slaked turf fire, puts down new sods, and rekindles the blaze. Then she hangs the kettle on the hook over the hearth, making ready for the first tea of the day. All day long the kettle will hang there, for at any moment she must be ready to serve a cup of tea to husband, children and visitors. With the first tea comes breakfast: bread, eggs and milk.

By the time breakfast is over, the household is ready for its workaday life. The men are up and dressed for the day's tasks, and the farm wife and mother who serves them and stands by unwilling to sit down till they have had their fill, has begun her daily round. She takes her place later with her daughters and young children who help her throughout the day.

But familiar housework is not the whole of the woman's duty. Her work takes her beyond the house door. After breakfast she takes the milk buckets and goes to milk the cows in the sheds. This is merely one of many trips she makes out into the haggard, for fuel, for water, and to feed the animals and poultry. Milking over, she must not rest, for the whole process of converting milk

10: Browne D-5 (1893) 1894
ER6 Rural Irish ER6
Inishbofin



monotonous chant of three or four lines; the last phrase of each line was very often *go deo deo-deo* (= for aye, aye, aye), the vowel sound of *o* easily accommodating itself to the prolonged chant. Another termination was *nios-mó-mó-mó* (= no more, more, more). I still recollect one touching line of the dirge: it was—*tá mo theachín follamh go deo-deo-deo*, 'my little house is empty for evermore, more, more.' Unfortunately, I know nothing about music, but the chant reminded me of the fourth line of the old air of 'The Blackbird.'"

Owing to the stone of the island not being easily worked the gravestones are usually rough, shapeless slabs, or are rudely chipped into the form of a cross, while the rest of the grave is covered with flat stones.

A large number of the men formerly went as harvesters to England and Scotland, where some of the young girls still go as servants; but very few do so now, though they say the harvesting paid well. It is more the fashion now to go to America even for a few years; and instances have occurred of people shutting up their houses, leaving all their furniture and utensils as they were, going off to the United States for three or four years, and then coming back, resuming possession, and falling into all the old ways and customs as if nothing very unusual had occurred. It is quite a common occurrence for young men to go to America for seven or eight years (generally to the neighbourhood of Pittsburg to work at the foundries there), at the end of that time to return home, settle down, and get married. Many of the girls go to Scotland, as servants, for five or six months of the year to assist their parents at home.

3. *Food.*—The dietary is much more varied than that of many of the inhabitants of the inland districts; it consists largely of fish of various kinds, potatoes, and home-made bread. Flesh meat is rarely tasted except at Christmas or some other great occasion, when a little mutton may be eaten, but fowl and geese are occasionally used. The fish which forms the staple of the diet is eaten fresh in spring and summer time, and large supplies of it are salted and dried in the sun for the winter's use; the kinds cured are mainly ling, sea-bream, and glassan.

Butter and cheese are not used; and eggs, though forming part of the regular food, are mostly employed as a purchasing medium for tea, sugar, tobacco, &c., at the principal shop, whence they are forwarded to Westport.

Tea has come greatly into use, and is taken in large quantities with

10: Browne D-5 (1893) 1894
ER6 Rural Irish ER6
Inishbofin



272 every meal; it is made extremely strong, and, as elsewhere, is the cause of a good deal of dyspepsia.

273 Alcoholic liquors are not much drunk, as illicit distilling has altogether ceased in this district.

264 An average working day's dietary is as follows:—Breakfast: tea, and home made bread. Dinner: fish, or eggs and potatoes. Supper; the same as breakfast.

291 177 4. *Clothing.*—The homespun and home-dyed woollen fabrics still constitute the bulk of the clothing worn, but are being superseded by imported slop clothes of inferior quality; and the dress on working days is nondescript and often ragged. On Sundays and holidays the proportion of imported clothing seen is greater, and the homespun suits are sometimes very different from the old types, being imitations in cut of the imported goods. The dress of the men consists of a shirt of thick white or chocolate-coloured homespun, with a rather high plain band collar, and large bone buttons, or, in some cases, it is made of imported flannel, purchased in Clifden or Westport. The single or double-breasted waistcoat, with the large collar-flaps buttoned back, is, when worn, generally put on inside the bawneen, or white flannel coat, instead of outside, as was formerly the case.

Trousers are of homespun or corduroy.

A thick comforter is worn about the neck by many, even in very warm weather.

For head-dress, soft felt hats and caps of various shapes, all imported, are now in general use, the old home-made flat, blue bonnet being but little worn, except by the older men. It may be most frequently seen in Westquarter and Inishshark.

291 The men wear thick worsted stockings of dyed or "natural" wool, and very stout boots of native make, as a regular part of their daily attire, but the women and children go bare-footed, except on Sundays and holidays. The dress of the women shows as great changes as that of the men; it is of the well-known Connemara type.

The head is covered by a red kerchief, or small shawl, often a plaid, but so far as seen never by a "mutch" (a cap with white frill). Over the shoulders a small red tartan shawl is folded, half hiding a jacket, or bodice, of homespun, or imported woollen stuff; the petticoat is short, and dyed a bright red with madder, and sometimes trimmed with a few rows of black braid, and a wide check apron is usually worn. Some women, on Sundays, wear the old large blue cloak with hood and double cape.

The small boys wear the kilt-like frock of white, red, or brown

1: Browne D-5 (1894) 1895
ER6 Rural Irish ER6
Kilmore



241 A cruel custom is said to have been common in the district at one
231 time, which was still in use in 1835, of harrowing with the harrow fastened to the horses tail.

The females of a family sleep in the "room," the men in the bed
513 in the kitchen; if the family be large, the beds will be very full, the occupants lying "heads and points," as several of my informants phrased it, that is, some with their heads in the ordinary place, others with theirs to the foot of the bed. No night-clothing is worn by either sex among the poorer people.

A method of sleeping when the house was much crowded was formerly practised in this district, which is fully described by a writer[1] who has been frequently quoted in this Report:—"This is what is called sleeping in *stradoge*, and *is regulated* as follows:—The floor is thickly strewed with fresh rushes, and stripping themselves entirely, the whole family lie down at once and together, covering themselves with blankets if they have them, if not, with their day-clothing, but they lie down *decently*, and in order; the eldest daughter next the wall farthest from the door, then all the sisters according to their ages; next the mother, father, and sons in succession, and then the
[834] strangers, whether the travelling pedlar, or tailor, or beggar; thus the strangers are kept aloof from the female part of the family, and if there be apparent community, there is great propriety of conduct."

3. *Food.*—The dietary varies somewhat with the locality, but
262 fish seems to form a considerable part of it in all but the mountainous portions of the district. Flesh or fowl are rarely tasted, except at Christmas time, or at Michaelmas, or some other great occasion. The islanders are said to make some use of sea birds, but use fish as the staple animal food. This is eaten fresh in summer, and coarsely salted for winter use.

The main articles of diet are stirabout, soda-bread, and boxty (a form of damper made of grated raw potatoes, and cooked on a griddle. This extremely indigestible form of bread is much used in the mountainous parts), potatoes, and tea, which is becoming more
[272] extensively used than formerly, and is now taken at nearly every meal. Whatever the other meals may be composed of, fish forms part of supper.

An average day's dietary in the Mullet would be somewhat as follows:—

262 *Breakfast.*—Potatoes and fish, or Indian meal (sometimes oatmeal)
264 stirabout, buttermilk.

[1] C. O., "Sketches in Erris and Tyrawley," p. 34.

16:Messenger E-4,5 (1955-1966) 1969 ER6 Rural Irish ER6
(1959-1960) Inis Beag



many of them have lost their lives to the ocean. Islanders are well aware of the wide differences in rowing and fishing abilities among themselves, and the evaluation of the skills of various men, past and present, is a much heard subject of conversation. Also, many men choose not to fish because they are unable to develop the requisite talents, are prone to severe seasickness, or are overly wary of the dangers associated with fishing. It seems reasonable to assume that people who spend so much time on the water as a matter of safety will have learned to swim, but I was unable to discover a single islander who possesses this skill. The reasons put forward to account for the fact are several, but the most significant one never is broached—the puritanical reluctance to bare the body either publicly or privately at any age. Folk rationalizations are best summed up in the following quotations: "Nothing will happen to the man who knows the sea.", "Better for a man to drown at once and save himself the suffering.", "The man who can't swim will take more care.", and "When death is on a man, he can't be saved."

A recurring motif in writings about Inis Beag is the threatening sea and heavy loss of life among fishermen, with its attendant psychological depression. In the past century, only four sea accidents have occurred in the island with the loss of but 12 lives. The folk are extremely cautious out of respect for the elements, handle their canoes with remarkable dexterity, and are excellent weather forecasters. The claim of one famous writer that each family has lost male members to the ocean reflects not only his psychological outlook, but the breadth and depth of kinship reckoning and the high degree of inbreeding—as an islander told me, "Every Inis Beag family is related, and the drowned man might have been eight-of-kin (third cousin) who died 60 years ago." The motif can be attributed to the projection of a tragic world view into the interpretation of the local culture by some authors, to the nativistic and primitivistic biases of other writers, and to a common sense conclusion reached by observers who have spent little time in the island and have failed to "count noses."

## Diet

The diet of the islanders is simple, and only one large meal is eaten during the day. After the turf fire is rekindled from coals and water is boiled for tea, the family assembles for a breakfast which includes bread spread with butter and jam and tea mixed with ample amounts of milk and sugar. Dinner at noon and lunches in the late afternoon and before retiring at night feature the same ingredients, although a boiled or fried egg usually is added to the dinner menu. The supper, eaten between seven and eight o'clock in the summer and an hour or two earlier during the winter, is the main meal when the family once again is united, and at this time boiled potatoes and vegetables, and meat if available, dominate the menu. Again bread and tea are served, and a dessert, or "sweet"—such as custard, rhubarb, blancmange, or biscuits—may be added. Children of school age in a family eat together at noon and after school and may be joined by their father, but his duties often absent him from one or both of these meals, and he may carry bread and tea

16:Messenger E-4,5 (1955-1966) 1969 ER6 Rural Irish ER6
(1959-1960) Inis Beag



with him while fishing or be brought his dinner and afternoon lunch in the field. Infants and young children are fed milk at various times, and the youth often eat biscuits, candy, or bread spread with sugar between the five regular meals.

Most women bake their own bread in "pot ovens" suspended over the open fire, with ingredients purchased in the shops, but some buy bakery bread which is delivered from the mainland once a week. Women with many offspring must bake bread daily, since as many as five loaves will be eaten in a day by a family of eight. Cream is saved from the milk and turned into butter in locally made churns every few days, to provide the pound or more of butter consumed in a week by each member of the family. A few women purchase shop butter and also margarine for cooking, but the latter is not used on the table (despite the fact that it is one-third the price of imported butter), because it is an artificial product and thus thought to lack food value. Both chicken and duck eggs are eaten, and some persons prefer hard to soft boiled eggs. Men insist on drinking their tea from large mugs and prefer their bread sliced thick and spread generously with butter. Telling of a tea that he attended in Dublin, a man complained of teacups the size of egg cups and bread cut so thin that "you could see houses on the mainland through it." Children are more prone than adults to use jam on their bread, and a large jar of imported jam will last but a day in a household containing six children.

Few families can afford to serve meat daily, and sometimes several days will pass before meat appears on the table. Among the meats eaten are lamb, mutton, chicken, and fish procured locally, and rasher and sausage bought in the shops; however, some families have beef and lamb shipped directly to them from mainland shops weekly. Meats usually are boiled, even fish, and soup and gravy are made from the liquids formed. Although lobsters, crabs, snails, and other shelled sea creatures are obtained by the folk, they are exported, used for bait, or cast aside rather than eaten. Two kinds of seaweed are included in the diet and are considered delicacies: *creannach*, which can be consumed raw as it is pulled but more commonly is boiled and dried before being eaten, and *carraigín*, which when cooked with milk makes a tasty blancmange. These seaweeds are believed to promote health and are used as folk medicines by some islanders, who regard them as having a magical potency.

The potatoes grown in Inis Beag are considered outstanding in taste, even when compared with those grown on the mainland. They are boiled in a "cooking pot" over the open hearth; this container is deeper and has a rounder bottom than its pot oven counterpart. At one time, it was customary to drain potatoes and eat them from a round, flat, short-sided basket woven from sally rods, called a *ciseog*. They still are drained with the basket in many households, but I have observed only three families eating communally from a *ciseog* atop the table. This is thought to be a "backward" custom, and a film producer earned the wrath of the folk by portraying this trait in his work; actually, it did not appear in the film, nor did other sequences, such as a women suckling a pig in time of drought, which the islanders claim that the producer included to brand them "savages." Potatoes when eaten are "stabbed" with a fork, peeled with a knife, and eaten with the

16:Messenger E-4,5 (1955-1966) 1969 ER6 Rural Irish ER6
(1959-1960) Inis Beag



rejuvenate the moribund tradition. However, several men past the age of 40 years still are able to perform jigs, reels, hornpipes, and hop-jigs with dexterity, "when the humor is on them," and are called out at parties and in the pubs; a few women will step dance in their homes or at small social gatherings.

There is considerable evidence to suggest that the rigid body and arms of the step dancer are an early nineteenth century product of Jansenist doctrine in the church, which attempted to desexualize dancing. Most of the movement is below the hips of the dancer, and it is the feet of the performer which are watched intently by the audience, at least openly. Inis Beag men move their upper bodies and arms more than is customary on the mainland, and they are not as graceful as other Irish dancers.

Figure dancing is called "set" dancing in Ireland, and there are many such dances, each of which combines a number of simple and complex figures performed by the couples. There is only one set in Inis Beag; it bears no name and is danced by one or more groups of four couples each. The many figures of the dance are simple, and it takes about 20 minutes to complete. I have heard young dancers complain at the end of a night of the tediousness of the single set, and some of them are learning other Irish figures at language school dances—"The Walls of Limerick" and "The Bridge of Athlone," among others. The most enjoyed movement of the local set is the one at the end in which the man holds his partner closely and twirls her almost violently, sometimes for longer than is prescribed so that the musician must pause or alter his rhythm. With bodily contact between partners otherwise so limited, perhaps this figure allows the expression of repressed sexuality.

## Parties

It is appropriate to describe the Inis Beag party and a festive night at the pub in this chapter, because they are esthetic as well as social events, in which are combined storytelling, music, song, and dance. Parties are very much the same, whether held in the winter or the summer or to welcome home a long departed emigrant or to "drag home" a new bride. Only two rooms of the house are utilized —the kitchen and "the room" adjoining it—and benches are placed along the walls to supplement the chairs and bed on which guests will sit. The barrel or two of stout to be served is placed in the back hall off the kitchen, if there is such a hall, or in a back corner of the kitchen, and one man is assigned the task of dispensing the drink and remaining at his post throughout the night. Another man acts as "pourer" and fills a bucket from which he pours the stout into several mugs and glasses which are circulated from man to man. A bottle of whiskey is opened and proffered only to the old men, who often sit in a group beside the fireplace and exchange anecdotes and tales. On a table in "the room" are placed bottles of wine and soft drinks to accommodate the women and non-drinkers among the men before and after refreshments are served. Sometimes an elderly woman will drink surreptitiously of the whiskey or stout, and it is customary for the musicians and those who sing and step dance the most to be awarded extra amounts of stout. Women